



1996 Recreation Way, Marlboro, New Jersey 07746

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# Kids Fit Class



## KIDS FIT CLASS

A fun, safe and exciting environment where fitness becomes fun, not work! Teaching form, endurance, teamwork and confidence. Come have fun jumping, running and doing body weight exercises. Getting into fitness at a young age can help live a healthy adult life. Please bring a towel, mat and water.

**Instructor: Marla Rudich**

**Outdoors @ the Rec Center Amphitheater**

**Mondays, 4:30pm-5:30pm**

**4/25, 5/2, 5/9, 5/16, 5/23, 6/6**

**\$75 residents / \$85 non-residents: 6 sessions**

**Ages 5-10**

To register please visit [\*\*marlboro-nj.gov/signup\*\*](https://marlboro-nj.gov/signup)

**Listed Under Spring 2022 Youth Programs**